

## Travel Race Packing List

*This is a beginning list of items to consider packing. Add or remove items as appropriate for your personal preference*

### RUNNING ITEMS

- |                          |                                                                             |
|--------------------------|-----------------------------------------------------------------------------|
| <input type="checkbox"/> | Running shoes                                                               |
| <input type="checkbox"/> | Running socks                                                               |
| <input type="checkbox"/> | Running hat or cap                                                          |
| <input type="checkbox"/> | Running clothes (shorts, shirt, long pants, jacket, etc)                    |
| <input type="checkbox"/> | GPS / sport watch                                                           |
| <input type="checkbox"/> | Watch charger                                                               |
| <input type="checkbox"/> | SPL belt (or item to carry gels, keys, drivers license, credit card, etc)   |
| <input type="checkbox"/> | Rain poncho or trash bag - to stay dry, warm at start of rainy or cool race |
| <input type="checkbox"/> | Disposable sweats - to stay warm at start of cold race                      |
| <input type="checkbox"/> | Arm warmers ("toes-cut-off" gym socks)                                      |
| <input type="checkbox"/> | Road ID or personal identification item                                     |
| <input type="checkbox"/> | Safety pins (for pinning bib on shirt)                                      |
| <input type="checkbox"/> | Twist tie/cable tie -for securing sweats bag, etc                           |
| <input type="checkbox"/> | Waterproof post-race bag: for post-race soggy or sweaty running clothes     |
| <input type="checkbox"/> | Sun screen                                                                  |
| <input type="checkbox"/> | Gloves / mittens (for cold races)                                           |
| <input type="checkbox"/> | Buff/ face cover (for cold races)                                           |
| <input type="checkbox"/> | "Warm Skin" or face warming lotion (for cold races)                         |
| <input type="checkbox"/> | Ice / snow traction items for shoes (YakTraks, etc - for snow / ice races)  |
| <input type="checkbox"/> | Vaseline or lubricant (for toes and chafing areas)                          |
| <input type="checkbox"/> | Glide gel stick (for chafing areas)                                         |
| <input type="checkbox"/> | Band-Aids (for nipples or chafing areas)                                    |
| <input type="checkbox"/> | Wet wipes and / or towels - to clean & dry after race                       |
| <input type="checkbox"/> | Gu Gel or energy gel packets                                                |
| <input type="checkbox"/> | Toilet paper (for use at beginning of race, if porta potties run out)       |

### OTHER

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

### NON-RUNNING CLOTHES AND TOILETRY ITEMS

- |                          |                                                                                                                      |
|--------------------------|----------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | shirts, shorts, jeans, shoes, etc                                                                                    |
| <input type="checkbox"/> | Sweatshirt, jacket, coat                                                                                             |
| <input type="checkbox"/> | Underwear & socks                                                                                                    |
| <input type="checkbox"/> | Belt                                                                                                                 |
| <input type="checkbox"/> | Hat / cap                                                                                                            |
| <input type="checkbox"/> | Toiletries bag:                                                                                                      |
| <input type="checkbox"/> | (deodorant, shower gel, toothpaste, toothbrush, razors, shaving cream, makeup, nail clippers, Qtips, eye drops, etc) |
| <input type="checkbox"/> | Glasses / sunglasses                                                                                                 |
| <input type="checkbox"/> | Swim suit                                                                                                            |
| <input type="checkbox"/> | Flip flops / sandals (to wear to pool, beach, or after a race)                                                       |
| <input type="checkbox"/> | Aspirin / ibuprofen / medicine                                                                                       |
| <input type="checkbox"/> | Cough drops                                                                                                          |

### OTHER TRAVEL ITEMS

- |                          |                                                                                |
|--------------------------|--------------------------------------------------------------------------------|
| <input type="checkbox"/> | Food & drink for fueling before and after race (energy bars and drinks, etc)   |
| <input type="checkbox"/> | Water bottle (large - can be filled at airport, good for mixing energy drinks) |
| <input type="checkbox"/> | Mobile phone and charger                                                       |
| <input type="checkbox"/> | Mobile phone ear piece / headphones (and charger)                              |
| <input type="checkbox"/> | Music / listening device (loaded with music, podcasts, etc)                    |
| <input type="checkbox"/> | music listening device headphones and charger                                  |
| <input type="checkbox"/> | Notebook and writing utensil                                                   |
| <input type="checkbox"/> | Reading glasses                                                                |
| <input type="checkbox"/> | Reading material - books, magazines                                            |
| <input type="checkbox"/> | Game / puzzle books (Sudoku, crossword, brain teasers, etc)                    |
| <input type="checkbox"/> | Cards / card games (compact)                                                   |
| <input type="checkbox"/> | Airplane pillow / headrest                                                     |
| <input type="checkbox"/> | Printed flight info*                                                           |
| <input type="checkbox"/> | Printed hotel / lodging info*                                                  |
| <input type="checkbox"/> | Printed race start, bib pickup, & expo info*                                   |
| <input type="checkbox"/> | Printed rental car, driving instructions / map info*                           |

\* see the ASKRUNGUY Run Travel Logistics tool to manage these items